Similar remarks have been made by other men who reached an advanced

and happy old age. In this explanation there is the essence of philosophy. There is no doubt that worry drives many men and, perhaps, more women to premature graves. It is impossible, however, for some persons not to worry. They are so constituted that the slightest trouble, or even inconvenience, makes them miserable. They fret over imaginary ills as well as real ones. The habit grows and its wearing effect becomes worse constantly until the physical frame weakens and breaks under it.

But the habit of worrying like any other habit can be resisted with more or less success. The battle against it should begin early in life; it should be part of the self-education of every individual. Natural tendencies can often be checked and in many cases entirely overcome.

We have all seen persons who have exceptional reasons for worrying and yet were the gentlest and sweetest tempered of our acquaintances. These illustrations of self-conquest should be inspiring to us all. Most of us are apt to look for trouble. When things are going reasonably well with us we worry because they are no better. When there is no real trouble in sight we imagine that there is plenty of it just beyoud the reach of our vision, and make ourselves unhappy without cause.

It has been said that we suffer more from dread of troubles that never come than from any actual experience. Old General Dow has given us a valuable hint and if we use it rightly it will conduce to our comfort and happiness and to our prospects of long life.-Atlanta Journal.

#### A Long Way Round.

Necessity is the mother of inven-tion, and the hungry Frenchman, told about in a biography recently published in England, illustrates the old adage anew.

He was in an English restaurant, and wanted eggs for breakfast, but had forgotten the English word. So he got around the difficulty in the following way:

"Vaiterre, vat is dat valking in de yard?" "A cock, sir."

"Ah! And vat you call de cock's vife?" "The hen, sir."

"And vat you call de shildrens of de cock and his vife?" 'Chickens, sir."

"But vat you call de shicken before dey are shicken?"
"Eggs, sir."

"Bring me two."

Changed the Name. "They are not called chaperones any more."

"What are they called?" "Promoters."—Chicago Record.

Reputations Made in a Day Are precious scarce. Time tries the worth of a man or medicine. Hostetter's Stomach a man or medicine. Hoseeter's comacu-Bitters is a forty-five years' growth, and like those hardy lichens that garnish the crevices of Alaska's rocks, it flourishes perennially and its reputation has as firm a base as the rocks themselves. No medicine is more high-ly regarded as a remedy for fever and ague, bilious remittent, constipation, liver and kid-ney disorders, nervousness and rheumatism.

Some people are like nails. They have to be humped on the head to make them go

Chew Star Tobacco-The Best. Smoke Sledge Cigarettes.

The newer a man's watch the oftener he has to consult it.

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure dearness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube gets inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

Sold by Druggists, 75c.
Hall's Family Pills are the best. Deafness Cannot Be Cured

Sold by Druggists, 75c. Hall's Family Pills are the best.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflamma-tion, allays pain, cures wind colic. 25c. a bottle.

There found Piso's Cure for Consumption an unfailing medicine.—F. R. Lotz, 1806 Scott St., Covington, Ky., Oct. 1, 1894.

# Rheumatism

Caused Great Suffering-A Well Man Since Taking Hood's.

"I was afflicted with rheumatism and have been a great sufferer with this disease and also with stemach and heart troubles, but thanks to Hood's Sarsaparilla I am now a well man. My wife has been cured of kidney disease by Hood's Sarsaparilla." Aug. Schreiner, 847 West 56th Street, New York, N. Y.

Hood's Sarsaparilla Is the best-in fact the One True Blood Purifier Hood's Pills cure all liver file. 25 cents.

**GRAVELY & MILLER.** O DANVILLE, VA. -MANUFACTURERS OF-

KIDS PLUG AND KIDS PLUG OUT . TOBACCO. Save Tags and Wrappers and get valuable premiums. Ask your dealer, or write to us for premium liet.

PATENT CLUSTER SCARF PIN Heavy Gold Plate. Ruby Centre.

CATALOGUE FREE, Providence, R. L. framicted with } Thompson's Eye Water MENTION THIS PAPER theore. AND 97-40

ALLEN ASKS FOR RECOGNITION OF THEIR POLITICAL LIBERTY.

HE DELIVERS A STRONG SPEECH.

Hawailan Matter Set Back-Business In The House And Senate on the . Move-Notes.

Wednesday's session of the senate occupied less than an hour, the time being principally consumed by the members in the presentation of memorials, resolutions and bills.

A resolution presented by Mr. Al-len, populist, declaring it to be the sense of the senate that the United States should recognize the political independence of Cuba, was made the subject of some remarks by the Nebraska senator in the course of which he criticized the president for not carrying into effect the pledge of the republican party made in its last national platform to recognize the independence of the Cuban republic.

The president, Mr. Allen thought, had been lulled to sleep by the declaration of Spain that she would give Cuba a semi-political existence. He expressed the belief that the president's neglect to take such action as would insure the political independence of Cuba was an exhibition of 'rank hypocrisy" and "a flagrant neglect of public duty" which would be corrected by the all-ruling power in His own good time.

At the conclusion of Mr. Allen's remarks Mr. Hoar, of Massachusetts, presented a resolution expressing the regret of the senate at the news of the death of Representative Ashly B. Wright, of Massachusetts, and providing for an adjournment as a further mark of respect. At 12:55 the resolution was adopted and the senate adjourned.

The session of the house lasted only fifteen minutes. Mr. W. A. Stone, republican, of Pennsylvania, reported the pension appropriation bill, the first of the appropriation bills, and gave notice that he would call it up immediately after the reading of the journal Thursday. The committee on banking and currency were given leave to sit during the sessions of the house. Then, at 12:15 o'clock, the house adjourned.

NOTES. Senator Davis, chairman of the foreign relations committee, says he is not yet ready to proceed with the Hawaiian annexation treaty, as had been reported, and cannot now fix a time when it will be taken up, although he thought it would be considered before the holidays.

Senator McLaurin, of South Carolina, is confined to his bed with an attack of typhoid fever. The senator was ailing when he arrived in Washington a week ago, but the typhoid attack did not develop until a day or so ago. No apprehension is felt over the attack as it is not of a violent charac-

Congressman Tate, of Georgia, introduced a bill to appropriate \$25,000 for the erection of a government building in Gainesville. Mr. Lewis introduced a bil which was referred to the committee on rivers and harbors for the appropriation of \$50,000 to be spent in improving the Occulgee rlver.

The indications are that the holiday recess of congress will extend from Saturday, December 18th, to Monday or Tuesday, January 3d or 4th. Speaker Reed is understood to favor these dates. If, however, any important business develops in the senate or the house, the recess will probably be postponed into Christmas week.

The house committee on banking and currency, which will have the shaping of a considerable portion of the financial legislation before the house, held its first meeting Wednesday morning and outlined its general plan of action. In view of Secretary Gage's recommendation of a comprehensive revision of currency and banking affairs, a resolution was adopted inviting the secretary to embody his views in a bill. The committee was informed that the secretary was now at work on a measure and that it would be available for the committee in about a week.

#### ORDERED GENERAL STRIKE.

Trouble In Fulton Bag and Cotton Mills Assume Serious Phase.

A general strike was ordered Tuesday night by the executive committee of the Federation of Trades of Atlanta to be in effect at the Fulton. Bag and Cotton Mills at 6 o'clock Wednesday morning, when all members of organized labor affiliated with the Atlanta Federation of Trades were commanded to cease any and all labor at the mills.

This announcement by the Federa-tion of Trades, which has complete charge of the strike, now causes the matter to assume a serious aspect and it is stated that every union man employed by the company will quit work.

#### STABBED HIS TEACHER.

Blackshear Youth Assaults His Preceptor in the School Room

Rev. S. A. Hearne, the principal of the Pierce county High school, at Blackshear, Ga., was seriously stabbed Monday morning by Harry Harper, a

16-year old pupil. Mr. Hearne was punishing Littimore Harper, a younger brother, when Harry arose from his seat and slipped up from behind and stabbed him three times in rapid succession.

#### HAWAII COMES FIRST. .

Annexation Treaty to Run the Gauntlet

In the Senate. At the opening of the session of the senate Tuesday Mr. Walthal (Miss.) presented the credentials of Hon. H. D. Money as senator from Missippi, to succeed the late Senator George.

Senator Davis, chairman of the senate committee on foreign relations, said that he would on Wednesday ask the senate to take up the Hawaiian annexation treaty.

Senator Bacon introduced a bill to pay Elisha Lowry, of Geergia \$3,286 for damages during the late war.

The house of representatives settled easily down to the customary rouiine Tuesday. Rev. Henry Couden, the regular chaplain, in his appeal to the Throne of Grace asked for the divine blessing upon the president in the hour of his trial and anxiety. After the reading of the journal leave was asked by several of the more important committees to sit during the sessions of the house and for the printing of documents for the use of the committees. These were the customary requests incident to the serious work of the session, and were granted.

The president's message transmitted the report of the special commission on the Paris international exposition in 1900, and recommending a liberal appropriation for our representation at the exposition, was laid before the

Mr. Dingley, from the committee on ways and means, then presented a resolution adopted by that committee for the distribution of the president's message to the several committees having jurisdiction of the various subjects treated. Mr. Walker, of Massachusetts, chairman of the banking and currency committee, asked for a rereading of that portion of the resolution giving the ways and means com-mittee jurisdiction of all the portions relating to the "revenues, the national finances, the public debt and the preservation of the public credit."

A very considerable debate followed upon what the language of the resolution meant and the issue as to the jurisdiction of the currency problem as between the ways and means and the banking and currency committee was sharply raised.

#### UGLY CHARGES MADE

Against Officials of "Progress Loan Company" of Macon, Ga.

A very sensational amendment to the original bill asking for a receiver for the Progress Loan and Improvement company was filed at Macon, Ga., Monday afternoon in the United States court, and was allowed by Judge Emory Speer.

This amendment charges that last June a number of minority stockhold-ers not being satisfied with the apparent condition of their securities in the company, asked to be allowed to make an inspection of the books, but that their request was peremptorily refused, but that after persuation Messrs. Gordon and Burke agreed to the naming of an expert for the purpose of valuing the assets. The mi-nority stockholders employed Mr. T. O. Chestney to make the examination.

But the amendment says that the only data submitted to Mr. Chestney a ledger and memorandum cash book commencing under date of May 1, 1897; that he valued from the balance on the ledger and cash book, and from their schedule of notes and deeds exhibited.

It is charged that these books were not the regular books of the company, but that they were made up for the purpose of misleading Mr. Chestney as to the true condition of the business of the company, and Messrs. Gordon and Burke were at that time concealing the books showing the true condition of the company's affairs.

#### ADAMSON HAS POSTAL PLANS.

Radical Changes Are Wanted By the Georgia Congressman. Radical changes in the postal sys-

tem are called for in a bill introduced in congress by Mr. Adamson, of Georgia. He proposes making every post-office a money order office, keeping every railway postoffice open at all times and stations for reception of mail, and that a new postoffice shall be established at any point on a pub-lic road outside the limit of an incorporated community whenever applied for by twenty-five citizens, vesting discretion in the postoffice department if the proposed office is within two miles of an existing office.

#### OLDEST CONDUCTOR DEAD.

Captain Sanford Bell, of Atlanta, Succumbs To Stroke of Apoplexy.

Captain Sanford Bell, the oldest conductor in the service in the world and the first man to run a W. and A. train into Atlanta, Ga., when the place was still Marthasville, passed away in that city Tuesday morning from a stroke of apoplexy.

Captain Bell was a conductor on the

Western and Atlantic railroad for 37 years in succession. He was in the service of the road for 45 years. During the last six years he has been stock agent, which position he assumed when President J. W. Thomas took charge of the road.

#### BACK AT CANTON.

President Again Leaves the Capital For the McKinley Home.

President McKinley left Washington at 7:40 o'clock Monday night for Cauton. With him were Mrs. McKinley, Miss Mabel McKinley, Miss Barber, Mrs. Abner McKinley, A. J. Duncan, two maids and the steward.

The party occupied a special Pullman, which was attached to the regular Pennsylvania train, which reached Canton at 10 o'clock Tuesday morning.

## ENGLISH PRESS COMMENT

On President McKinley's Message and

Say It Is Unsatisfactory. The London Daily Telegraph, commenting editorially on President Mc-Kinley's message Monday morning,

"It has been America's proud boast that she had no foreign policy. Judging from the president's message, the new world is no more free from the burdens of diplomatic negotiations than the old.

"In a document of pretentions length, mostly intended for Spanish consumption, President McKinley devised a spacious pretext for gaining

The Daily Mail says it is "very satisfactory that President McKinley comes out so strong against the jin-

The Daily Chronicle describes the message as "weak and colorless." It "The president's comments on says: the currency issue are positively childlike in their simplicity. It is safe to prophesy that his treatment of the Cuban question will be received with a storm. The annexation of Cuba would be a deplorable mistake, but the reasons for refraining from that course are not the milk and water ones Mr. McKinley advances."

The Times says: "Its tone of patronizing tolerance will make the message not wholly agreeable to Spain. Probably the president calculates that if he can satisfy the jingoes for a time with eloquent denunciations and warnings, he will find it easier to pursue a moderate policy.

The Standard says: "If Mr. McKinley represents anything so far it is the new tariff, which is confessedly a palpable failure. The whole currency plan hangs upon the condition of an exchequer surplus; but when will that happy day arrive?" The Daily News says the message is

characterized by a desire to displease

#### SOUTHERN PROGRESS.

Many New Industries Reported as Estab lished the Past Week. Among the most important new in-

dustries reported for the past week are the following: The Southern Bridge and Construction Co., capital \$25,000. Houston, Tex.; electric light plants at Thomaston, Ga , Donaldsonville, La. and Marion, Va.; large flouring mills at Sweet Home, N. C., Clover, S. C. and Lebanon and Roxana, Tenn.; the Carolina Ice Co., capital, \$10,000, Wilmington, N. C., and the Dallas Ice Factory, Light and Power Co., capital, \$199,000, at Dallas, Texas. The Chat tanooga Roofing and Paving Co. will erect a \$12,000 plant at Atlanta, Ga. the Switzer Co., capital, \$15,000, will build an oil mill at Columbia, S. C. and W. F. Thompson another at Devine, Texas. The Southern Sugar Refining Co., capital, \$1,000,000, has been chartered at Richmond, Va., and the Southeastern Extension Cotton Mill Co., capital, \$10,000, at Portsmouth. Va. Two extensive cotton mill plants will be put in near Thomaston, Ga., and a \$10,000 tobacco manufacturing company has been organized at Lynchburg, Va. A \$20,000 box and package factory will be built at Memphis, Tenn., a \$5,000 furniture factory at Winston-Salem, N. C., and other ed at Hartselle and Woodstock, Ala. Liberty, Ky., Dillton, Tenn., Corsicana, Texas, and Big Stone Gap, Va. -Tradesman (Chattanooga, Tenn.)

#### SECRETARY GAGE'S REPORT.

His Estimate of Appropriations Needed For Next Fiscal Year.

Secretary Gage transmitted to congress Monday the estimates of appro-priations required for the service of the fiscal year ending June 30, 1899, as furnished by the several executive departments.

The total amount called for by the estimates is \$462,647,885, which is about \$32,000,000 in excess of the appropriations for 1898, including deficiencies and miscellaneous, and about \$41,000,000 more than the estimates for 1898. The recapitulation by titles is as follows, cents omitted:

Estimates for 1899-Legislative establishments \$4,465,532, executive establishment \$20,025,484, judicial establishment \$687,620, foreign intercourse \$1,850,428, military establishment \$24,620,043, naval establishment \$29,929,539, Indian affairs \$7,375,617, pensions \$141,257,750, public works \$73,364,134, postal service \$6,048,112, miscellaneous \$35,187,402, permanent annual appropriations \$117,836,220. Grand total \$462,647,885.

#### MISS BRADLEY WRITES.

Notifies Secretary Long That She Wil Christen the Battleship.

Miss Chrystine Bradley, daughter of Governor Bradley, of Kentucky, has written a letter to the secretary of the navy which closes as follows:

"It will give me much pleasure to assist in the ceremonies of the occasion, which should serve, if possible, to bind the sympathies of every citizen of Kentucky more closely to the na

Miss Bradley had been requested by the secretary to assist in the christen ing of the battleship Kentucky.

# SHOWING FOR GEORGIA MARBLE.

No More Discrimination Will Be Allowed In the Future.

A Washington special says: Tuesday the supervising architect of the treasury promised that in all future government work whenever possible Georgia marble shall be included in the specification of materials which may be used; in other words, that there shall be no more discrimination against Georgia marble.

The promise was made to Senator Bacon and was called forth by Georgia's protests against apparent dis-crimination.

### SLEEP AFTER EATING

is it Beneficial, or Does it Retard Diges tion. Results of Experiments.

Advocates of the after-dinner nap have a powerful, and to them convincing, argument in the fact that most animals sleep immediately after eating. Yet the propriety of such a habit among human beings bids fair to be an open question for some time to come.

One authority has recently added his mite to the collection of statistics upon this interesting subject by making a series of experiments upon two persons of normal digestive abilities. The stomachs of these two persons were emptied a few hours after meals, some of which had been followed by sleep and others not, and the contents

analyzed. The normal stomach acts upon its contents by churning them about, and in this manner subjecting every particle to the action of the digestive fluids. The above mentioned investigator found, as the result of his experiment, that the constant effect of sleep is to weaken the churning movements of

the digestive juices is at the same time increased. On the other hand, he found-what is quite as interesting-that simple repose in a horizontal position stimulated the motions of the stomach without increasing the acidity of its juices.

the stomach, while the acid quality of

The conclusion reached by this experimenter was that while a recumbent position after eating is not to be regarded as harmful, one should be cautious about sleeping directly after a meal. Especially should this caution be observed in cases where there is an overacidity of the digestive fluids.

When all is said, however, the above experiment proves little more than that in such matters each person is a law unto himself; that the after-dinner nap differs in no respect from other habits, which can be indulged in with impunity by some, while they work havoc with the health and happiness of others. Rest after eating is certainly beneficial, both from a rational and a physiological standpoint. Whether sleep can be advantageously indulged in is a question that must be determined by the individual himself by careful experiment.

Shakespeare to Date. "Everybody went crazy over our Thanksgiving presentation of 'As You

"What made it so popular?"

game instead of the usual tiresome wrestling match." If It Only Helped a Little It would be worth 50 cents. One hour's freedom from the terrible irritating itch of tetter is worth more than a whole box of Tetterine costs. It will cure—sure, and it's the only thing that will cure. 50 cents at drug stores, or by mail from J. T. Shuptrine, Savannah, Ga.

"We worked Orlando into a football

Eve did not do so bad a thing in bringing sin into the world. Were it not for reflecting upon other people's transgressions we should never be able to appreciate properly our own virtues.

To Cure a Cold in One Day. Take Laxative Bromo Quinine Tablets. All Druggists refund money if it fails to cure. 250-

It is a mistake to say that a man is known by the company he keeps. The company he refuses to keep apparently knows him most ntimately. refuses to keep apparent intimately.

Fits permanently cured. No fits or nervous-ness after first day's use of Dr. Kline's Great Nerve Restorer. \$2 trial bottleand treatise free. Dr. R. H. KLINE, Ltd., 831 Arch St., Phila., Pa.



# A LETTER TO WOMEN

A few words from Mrs. Smit. Philadelphia, will certainly corrobe the claim that Lydia E. Pinkia Vegetable Compound is woman's reliable friend.

"I cannot praise Lydia E. M. ham's Vegetable Compound too high

"For nine weeks I was in hed suffer ng with inflammation and congesovaries. I had a discharge all the time. Whenlying down all the time. I felt quite comfort-

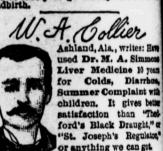
able; but as soon as I would put feet on the floor, the pains we come back.

"Every one thought it was imp ble for me to get well. I was paying per day for doctor's visits and 75 ca a day for medicine. I made up my mi to try Mrs. Pinkham's Vegetable (a pound. It has effected a complete for me, and I have all the faith in a world in it. What a blessing to man it is!"—Mrs. JENNIE L. SMITE, N. 324 Kauffman St., Philadelphia, Pa

ALABAMA'S BRAVE WOMEN S. J Leslie Jenifer, Ala., says: I has

used Dr. M. A. Simmo Liver Medicine 20 year and know it will cure Live Disease, Nervouse Bowel and Stome Troubles. I like it be ter than "Black Draught

or "Zeilin's" medicine Parenthood. Children bind husband and wife me closely than the wedding ceremony itsel. One-half of married minery is due to the growing physical weakness of women, whin makes child-bearing a dreaded burden as prevents those close relations between his band and wife, without which happles cannot exist. How important then is that the woman be brought to as perfect condition of health, of which she is capable so that she can give to her offspring out her abundance of life and spirits. It is mill purify her blood, tone up her nerves system and give her courage and assessment of safety to go through the ordered childbirth.



Dimness of Vision.

In cases of weak and imperfect vision the causes of disease should, if possible, is correctly ascertained, so that they may be as far as possible obviated and guarded against. Where the trouble is functional derangement or debility, such as torpid lire or inactive kidneys, producing a merbid condition in the organism, constitutional treatment with Dr. Mr. A. Simmons Liver Medicine will produce the happiest results. When caused by prolonged nursing, excessive sexual indulgences, abuse of stiminants, the excessive use of the eyes onto bright or too minute objects, too much skep or other discussiones which produce de-termination of blood to the head, Dt. Simmons Squaw Vine Wine quicklycus.

Business College Augusta, Ga. Actual business. No text books. Short time. Cheap board. Send for estalors

CONSUMPTION AND CATARRE Are result of Contracted Nostrils. Drugs Canal Cure. Send Scc. for NASAL INSPIRATOR of 5th for pamphletto G. B. FARMER, Perth, Ont., Canala DR. SEXTON'S PALMETTONE cares line, kidney and genito-urinary troubles, both series, is mail 50c, stamps or postal note. Address DR. J. 6. SEXTON, 117 West Mitchell Sc, Atlanta, Gs.

Walter Baker & Co.'s Breakfast COCOA Pure, Delicious, Nutritious. Costs Less than ONE CENT a cup.

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